

Unable to “Drop, Cover, and Hold On?”

During an earthquake it is important to protect yourself from falling, or being hit by falling objects. If you have a physical disability or movement limitation, and you are unable to **Drop, Cover and Hold on**:

- move down as low as possible if you have difficulty getting to the floor on your own.
- get to the floor in a seated position and against an inside wall if possible.
- protect your head and neck with your arms, a pillow, a book, or whatever is available, moving away from windows or other harmful items.

If you are:



In a bed

Hold on and stay there. Protect your head with a pillow.



In a wheelchair

Lock your wheels. Remain seated until the shaking stops. Bend over, and protect your head and neck with a pillow or your arms.



Deaf or hard of hearing

Have more than one method to receive warnings and evacuation information.



Blind or low vision

Items can fall and furniture may shift. Regular sound clues may not be available afterwards. Move with caution.



Having difficulty

Understanding, remembering, or learning: keep simple, short instructions and important information with you.



Aga Khan Agency for Habitat



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